

# Turning Despair into Determination

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I left the Department of Labor in 2012 as a temporary employee to accept a full time permanent position with Health and Human Services. In October of 2013, I returned to the Department of Labor as a full time adjudicator. Upon my return, I was shocked to see how great our Administrator, Ron Joyce, looked. He told me after having a wellness screening, he decided he needed a life change.

I would listen in him and another co-worker, Nancy Edwards, talk about their workouts and goals. In 2014, they competed in a triathlon at the Cornhusker State Games. I so much admired their accomplishment and wanted to experience something similar. I just had to stop making excuses and get out there, **DO SOMETHING!**

In October 2014, the Department of Labor experienced the loss of our Administrator, Ron Joyce, from a bicycle accident. Ron's death was devastating to our whole department. We were all grieving over the loss of our administrator, mentor and friend. Nancy Edwards and I became closer during this time. Nancy had been training for a body building competition in November 2014 and was leaning out for her show. I encouraged her and she encouraged me to **DO SOMETHING!** Nancy made it clear to me it would be a life change, not a temporary life fix, and to just start!!

In December 2014, I finally made a goal and decided to start my own training. I decided to start training for the 2015 Lincoln half marathon. Along with my training, I began following a nutritional plan. I joined a local gym, started weight training two times a week, swimming once a week, and running two times a week. I was bound and determined to reach my goal and Nancy became my cheerleader.

I started losing weight and inches and before I knew it, I needed a new wardrobe. I completed the Lincoln half marathon on May 5, 2015 with a time of 2:47:23 averaging 12:47/mile. In October, I completed my second half marathon, running through the Black Hills of South Dakota. I improved my time by ten minutes and recovered much quicker than my first half marathon! I never thought I would ever get to that point that I actually look forward to running daily!

The **wellNEssoptions** program gives me weekly goals to record and holds me accountable. This has proven to be a huge incentive for me. I would encourage others to just start and do something, the benefits are amazing!

